

## LIFE SKILLS

<b>Course Description:</b> This comprehensive course provides an opportunity for acquiring basic life skills and allows students to select specific areas for concentrated study. Emphasis is on work and family, adolescent development, selection and care of clothing, consumer spending, housing choices, challenges of child rearing, and guidance in establishing relationships. Leadership development will be provided through the Family, Career and Community Leaders of America.	
Academic Expectations	Content/Process
	<b>Students will</b> <ul style="list-style-type: none"> <li>analyze the practical problems faced by families to balance the demands of work and family.</li> <li>predict the results of accomplishing or failing to accomplish the developmental tasks of adolescence.</li> <li>identify some positive and negative influences of peers on adolescent behavior.</li> <li>summarize ways of reducing or preventing teen pregnancy.</li> <li>practice coordinating clothing and accessories.</li> <li>use the decision making process.</li> <li>plan a personal budget.</li> <li>calculate sales tax, price per unit, and sale discounts.</li> <li>analyze the results of good/poor study habits.</li> <li>develop personal short-term and long-term goals.</li> <li>identify physical, psychological, social and health influences on personal wellness and practice social skills (e.g., dining etiquette).</li> <li>analyze the causes and consequences of diet, exercise, rest and other substance choices on various body systems.</li> <li>evaluate a meal for essential nutrients.</li> <li>plan menus for a day using Dietary Guidelines for Healthy Living – <a href="http://www.mypyramid.gov">www.mypyramid.gov</a> .</li> <li>prepare a simple meal and practice dining etiquette.</li> <li>analyze careers in Family and Consumer Sciences.</li> <li>analyze financial, social, physical and emotional costs of parenthood.</li> <li>evaluate the consequences of high risk behaviors.</li> <li>develop a plan to improve social skills.</li> <li>identify appropriate apparel maintenance.</li> <li>compare consumer products.</li> <li>utilize activities of the Family, Career and Community Leaders of America student organization as an integral component of course content and leadership development.</li> <li>apply math, science and communication skills within technical content.</li> <li>demonstrate employability and social skills relevant to the career cluster.</li> </ul>
<b>Connections</b> <ul style="list-style-type: none"> <li>National Standards for Family and Consumer Sciences</li> <li>Secretary's Commission on Achieving Necessary Skills (SCANS)</li> <li>Kentucky Core Content for Assessment Version 4.0</li> </ul>	